



DISCOVER MENTORING COURSE

An 8 week online learning
experience

LIFEXchange
READY TO LIVE!



**"DEVELOPING FULFILLING
LIVES THROUGH
MEANINGFUL
RELATIONSHIPS"**

LIFEXCHANGE



Dipping your toes into the water...

I love scuba diving! I remember the first day of my training! Excitement and fear all mixed up into one giant emotion. The excitement of discovering a new underwater world, yet the fear that if something goes wrong with my equipment (made mainly from plastic and rubber) under 40m of water, I die! Luckily they did not throw me into the deep (40m) end. I started my journey with a Discover Scuba Diving course where we first played with the equipment in a pool and as we became comfortable we progressed into the ocean under a watchful eye of an instructor. Today I am a qualified Dive Master and loving it!

Since mentoring involves the hopes, dreams and aspirations of another human being...and lets face it, human relationships can often be 'messy', we realize that to commit to a year long mentoring journey can often be more daunting than descending into the dark ocean. So we have decided to create a **Discover Mentoring Course** where we can spend enough time getting comfortable "playing in the pool" in order to decide if we want to dive into a new exhilarating and sometimes messy world of mentoring.

Who knows, if you enjoy these first 8 weeks of Discover Mentoring, becoming a **Master Mentor** might just be the thing for you!

- Dr. Cobus Oosthuizen (LifeXchange Founder)

What our students say...

“ The LifeXchange course as well as my interaction with the mentee was the most exhilarating experience in my life. Above all, I learnt a lot about myself and how to manage my own behaviour under challenging circumstances.”

- *Dr. Alfonso Niemand*



From discovery to mastery...

Best Practice Mentoring Excellence

The Discover Mentoring Course and Master Mentor Courses are designed to prepare and develop participants into high performance mentors. Where the Discover Mentoring Course has been designed to introduce the participant to the concept of mentoring, the Master Mentor Course allows the participant to mentor a person under the supervision of a facilitator and if successful will qualify as a certified mentor under the South African Board of People's Professionals

Below a summary of the two courses:

DISCOVER MENTORING COURSE

- **Duration:** 8 Weeks
- **Accredited:** No
- **Qualification:** Certificate for completion
- **Platform:** Online
- **Mentoring Supervision:** N/A
- **Mentoring App:** N/A
- **Progress Reporting:** Yes
- **Cost:** R1500 per person

Discover the depths (theory) of mentoring and decide if you want to take the plunge, by turning theory into practice.

MASTER MENTOR COURSE

- **Duration:** 10 Months
- **Accredited:** Yes (with the South African Board of People's Practices)
- **Qualification:** Yes (3 credits)
- **Platform:** Online
- **Mentoring Supervision:** Yes, every mentor is assigned a coach
- **Mentoring App:** Yes
- **Progress Reporting:** Yes
- **Cost:** R6800 per person

Learn how the mind works and how to inspire people towards change. This is a 10 month practical mentoring experience.

Please note that the successful completion of the Discover Mentoring Course is a prerequisite for the Master Mentor Course.

DISCOVER MENTORING COURSE

**THE PHILOSOPHY
THE THEORY
THE CHANGE**

Course Outcomes

In this exciting, interactive and time-friendly course you will learn:

- What mentoring is (and how it's different to coaching or other interventions)
- Elements that make a mentoring relationship successful
- Relational skills (for mentoring relationships and beyond!)
- The qualities and characteristics of a successful mentor

In order to:

- Lay a foundation for a mentoring relationship
- Engage effectively with a mentee and their growth
- Ensure a safe and successful mentoring journey for you and your mentee

Over the next 8 weeks you will be watching video's, participate in group discussions and connect with your facilitator around the following topics:

WEEK 1 - FINDING YOUR FEET

Introduction, expectations and a meet-and-greet session.

WEEK 2 - WHY MENTORING

Why do you even want to mentor. The real reason will energize you.

WEEK 3 - WHAT IS MENTORING

How mentoring is different from other interventions. So what does it require?

WEEK 4 - BECOMING A MENTOR

We aren't all natural mentors, so how can I develop myself into one?

WEEK 5 - STARTING POINT

Mentoring is about development of character, so what does this involve?

WEEK 6 - CONNECTION

The key element for any relationship is trust. How do we build this with a stranger?

WEEK 7 - BEGINNING WITH THE END IN MIND

Mentoring can be powerful for good or bad. Knowing how to end your mentoring relationship well is crucial to prevent harm.

WEEK 8 - WRAP UP & ASSIGNMENT

This week there will be a live session, Q&A, and yes, an assignment to wrap it all up.

Course Outline

Investment

Cost, payment plans and bursaries

COURSE COST:

The total cost (including VAT, all material and facilitation/coaching) **R1500**.

Ask about the early-bird special!

PAYMENT PLANS:

It can be arranged that you make 3 payments (Deposit + 2x instalments) over the 8 week period)

BURSARIES:

Unfortunately there are no bursaries available for the Discover Mentoring Course, but do ask about possible bursaries for the **Master Mentor Course**



What our students say...

"I can honestly say that I cannot imagine my life without the course. I have learned so much and will be eternally grateful that I took the course. I believe that what I now know will benefit me on all my paths in life. I would like to thank the LifeXchange team for this. It is an excellent course and definitely a valuable asset to anyone.

" Monique Visser"

MASTER MENTOR COURSE

BEING AN RELATIONAL EXPERT

Course Outcomes

In this exciting, interactive and time-friendly course you will learn:

- How your thinking patterns form and understanding those of others
- How to build better thinking patterns for yourself and unleash your potential as a mentor
- How to help others (children, family members, colleagues and a mentee) change their thinking and unleash their potential
- Exceptional relationship and communication skills
- Create effective and tangible goals and know exactly how to reach them
- How to connect with and lead others on a path of growth

In order to:

- Reach your goals that you've previously given up on
- Be a significant and positive agent of change in someone else's life
- Create the future you want and live in a positive high performance life

PRACTICAL (MENTORING)

Building on the theory you have acquired in our Discover Mentoring Course, you will now be matched with a mentee. You will not be left on your own, your facilitator will guide you through the mentoring relationship while you continue to learn how to influence people for exceptional growth.

PHASE 1: HOW THE MIND WORKS

When we understand how our mind works and how thinking patterns are formed, changing them becomes effortless. In this 12 week phase you will become the expert of you, understanding what (neurologically) is keeping you stuck and about the potential to unstick yourself

PHASE 2: TOOLS FOR CHANGE

For 16 weeks we will explore the different techniques and tools to "rewire" our neuropathways for a more productive and purposeful life. You will also learn how to use these tools and techniques to impact the lives of those around you and help them unleash their potential

PHASE 3: ENSURING LASTING CHANGE

To ensure sustainability preparing for the end is as vital as preparing for the beginning. In these last 12 weeks we will ensure that positive change becomes a lifestyle and that the journey with your mentee has a glorious ending.

The course is online, structured as three Phases, and runs over 36 weeks (10 months).

Course Outline

Investment

Cost, payment plans and bursaries

COURSE COST:

The total cost (including VAT, all material and facilitation/coaching) excluding accreditation amounts to **R6800**.

Should the student want to be accredited by the *South African Board of People's Practices* and receive a mentoring short course qualification, an additional cost of **R1000** is required

PAYMENT PLANS:

The **R6800** can be paid off as monthly installments* (R680) over 10 months.

Only at the start of Phase 3, the student have to confirm whether he/she wants the SABPP accreditation.

BURSARIES:

Some Universities, Foundations and Government recognizes the significance of the course as well as the quality mentors it produces and often offer funding/bursaries to the student that is willing to mentor a specific profile person (i.e. first year student, vulnerable child, etc) for the practical component of this course.

Speak to your facilitator to hear about available bursaries

Course Structure

**There are 3
components to
this course:**

Online: working from your computer or a nifty app on your phone, you will do activities, watch training videos, share your opinion in discussion forums and make journal entries every week. When in the week (time) is up to you, thus the course is for all morning people, evening people and even the couch potato!

Facilitation/Coach: we want you to enjoy the learning experience and ensure that you fully understand the content. For this reason we appoint an actual 'human' to check in regularly, comment on your learning and serve as your support.

Mentoring: what makes this course more effective and efficient than any other course available is the mentoring component. It is only when we become 'teachers' to others that (1) information is fully assimilated (2) we are held accountable to implement and practice. It is the mentoring component that makes this course award winning and life changing!



What our students say...

"This course has equipped me and given me many tools to tackle many things in life! My whole outlook on life is calmer and I am no longer chasing the wind! My positive days are far more than the negative ones."

- *Doré Lourens*

LifeXchange's sole purpose is to see individuals and communities thrive as they discover their untapped potential and purposes while learning and using well researched methods to cause exponential growth.

Since 2008 LifeXchange has been holding on to their philosophy that has resulted in this award winning course: (1) **provide the best quality**

information (NLP, Master's Degree Behaviour Psychology & PHD level Mentoring) in such a way that a 10 year old can fully understand and apply the information.

(2) Provide ongoing **one-on-one support** through a facilitator/coach.

(3) And our secret ingredient, provide a **teaching opportunity** for our students through a mentoring process (student become the master).

"This course is all about discovering something about yourself that will never allow you to go back to the old way of doing or thinking.

Many such discoveries await. To make what we learn stick, we mentor others so that they can also unleash their potential".

- Dr. Cobus Oosthuizen, PhD

More About Us

Get in Touch

WEBSITE

www.lifexchange.co.za

EMAIL ADDRESS

richardd@lifexchange.co.za

PHONE NUMBER

074 098 6634